

FOOD INTAKES OF SOUTHERN EUROPEAN AND AUSTRALIAN BORN ADULTS

J.A. NICHOLLS

The National Dietary Survey of Australians has provided the first population-based dietary comparisons that are available on a group of Southern European migrants living in Australia and a group of native-born Australians.

This paper will address the null hypothesis that Southern European-born men and women consume the same amounts of each food group as Australian-born men and women. Selected data will be presented from comparisons of eleven major food groups and sixty two food sub-groups.

The data will show that the group of Southern European-born men and women living in Australia have significantly different mean consumption of several food groups than the Australian-born men and women. Differences for the mean consumption and the proportion of the group consuming each food group were observed for milk and milk products, added fats, breakfast cereals, bread, pasta, most vegetables and beer.

The observations from this study may be useful in designing studies to quantify the extent of dietary differences Southern European and Australian-born groups. Critical markers of ethnic differences may however, be more complex than presence or absence of certain foods and the frequency of their use. An analysis of recipes and the patterning of meals over time may also be important markers for determining differences in the contribution different foods make to dietary intake.

2 Winding Way, Belair, SA 5052